VANCOUVER metro®

NEWS WORTH SHARING.

SFU chemistry professor Daniel Leznoff at the Vancouver Convention Centre on Sunday. Leznoff is the scientific program chair of the 97th Canadian Chemistry Conference and Exhibition, where scientists will test a pair of paintings — Hurdy Gurdy, inset, and Autumn Harbour — to determine if the latter could be a Group of Seven original.

NICK WELLS/FOR METRO; INSET: HEFFEL FINE ART AUCTION HOUSE/THE CANADIAN PRESS

A fraud or a find?

Autumn Harbour. Chemistry conference hosted by SFU to see testing for a possible Group of Seven painting

NICK WELLS
vancouver@metronews.ca

Chemistry researchers and scientists will play art detective this week as they test a possible Group of Seven painting as part of the 97th Canadian Chemistry Conference and Exhibition.

The conference, hosted by Simon Fraser University, is in Vancouver for the first time since 2002.

ProSpect Scientific will hold a real-time test on Tuesday that will compare Lawren Harris's Hurdy Gurdy to another piece dubbed Autumn Harbour that was found more than a decade ago in an antique shop in Bala, Ont., an area Harris was known to visit.

The test uses Raman spectroscopy, which uses a laser to analyze changes in materials of the paint. It will be able to tell in a matter of minutes if Autumn Harbour could indeed be a long-lost Harris painting.

Hurdy Gurdy, a depiction of daily life in Toronto's Ward district, was painted in 1913 and sold at a November 2012 auction for $1,082,250.

"If someone painted it 10 or 20 years ago, you can't tell that just by looking at it but it will be immediately obvious using this technology," said Daniel Leznoff, a professor of chemistry at SFU and the scientific program chair for the conference.

The SFU chemistry department has been planning the five-day exhibition for the better part of two years.

This year is the first to feature an international symposium, where researchers from Canada and an international delegation from China, Japan, South Korea, Germany, Switzerland, France or the United States will team up to give talks.

Leznoff says he hopes the conference will help raise awareness about the importance of chemistry.

"People in the public tend to give chemistry a bad rap," he said. "But the fact is you take chemistry out of society, you lose most of modern society."

The conference will also feature Shankar Balasubramanian, a scientist from Cambridge University who co-invented a process called Solexa sequencing. The sequencing has become an inexpensive and accurate method of genome testing.

The conference began Sunday and runs until Thursday evening.

O Canada, you sure do talk funny

A 'poutine' investigation of our nation's 'loonie' brand of English: From 'bunnyhug' and 'double-double' to 'serviette' and 'chesterfield' PAGE 10

Sorry I'm Late, but not for the rest

After a falling-out with Simon Cowell, Cher Lloyd says her new album isn't run by 'guys in suits' PAGE 17

Where did all your cash go?

Gail Vaz-Oxlade knows the small indulgences that are robbing you blind nickel by nickel PAGE 20

'When we're here, we're to work'

B.C. Lions try to stick to on-field business at training camp with players' strike hanging over their heads PAGE 26

It’s Monday. If you were meant to wake up on time, Vancouver wouldn’t have 5 taxi services.

Get the App.
Get there now.

yp.ca/app

YellowPages™

Cache Creek 600

Cyclist shot during race

A cyclist taking part in the Cache Creek 600 was shot during the event, according to RCMP.

Mounties say a 59-year-old Burnaby man was riding on Highway 1 near Spences Bridge, northeast of Lytton, at 1 a.m. Sunday when he was shot.

The man was rushed to hospital and remains in stable condition.

Police say it appears the perpetrator fled the scene in a pickup truck.

No description of the shooter or the truck are available. Investigators say the shooting doesn't appear to be targeted.

MATT KIELTYKA/METRO

Break-and-enter

Elderly woman sexually assaulted

An elderly North Vancouver woman was taken to hospital after a man broke into her house early Sunday morning and sexually assaulted her.

The woman, who is in her mid-80s, was alone in the Ridgeway-area home.

"This is an extremely unusual and highly concerning incident," said RCMP Cpl. Richard De Jong in a statement. "Police are taking this investigation very seriously and have a number of investigators actively working the case."

De Jong said RCMP are not sure whether the incident was targeted and are unclear on how the man entered the house. He did remind people to be vigilant about securing doors and windows in warmer weather. JEFF HODSON/METRO

Vancouver-Kensington MLA Mable Elmore joins leaders of several Filipino associations from B.C. during a Philippine Day event in support of temporary foreign workers on Sunday. MATT KIELTYKA/METRO

Temporary foreign workers in limbo

Moratorium. MLA, Filipino associations draw attention to the threat of deportation

MATT KIELTYKA
Metro in Vancouver

The federal government's moratorium on temporary foreign workers in the food services industry has left thousands of workers in limbo, a New Democrat MLA says.

Mable Elmore, representative for Vancouver-Kensington, joined the leaders of several Filipino associations on Sunday during a Philippine Day event, which focused on the plight of law-abiding workers in Canada who are suddenly unsure whether they'll be allowed to stay in the country.

"The Filipino community is asking that these workers are able to remain in Canada," Elmore said. "And also that the fundamental problem of the temporary foreign worker program should be fixed and should be returned to a model of permanent immigration."

The federal government issued a moratorium on the hiring of temporary foreign workers in the food services industry in April in response to "serious allegations of abuse" of the program.

Scope

It's unknown how many workers already in British Columbia could face deportation because of the moratorium, according to MLA Mable Elmore.

- She is also urging the province to better monitor the situation.

Elmore said her office is taking calls daily from fearful workers suddenly facing deportation because they can't renew their work permits.

"They're here in Canada and it's just bad luck that they're caught by the moratorium," said Elmore. "It's a situation that's unfair for these individuals. The purpose of the moratorium is to investigate employers, but it's the workers who are being caught and having to leave the country."

Annette Beech, president of the Victoria Filipino-Canadian Caregivers Association, says the moratorium has already ruined the lives of several workers currently in Canada.

"There are a lot of stories; I'm in tears every time I listen," Beech said. "One of them was supposed to be reunited with his family. His wife was supposed to come here. But because of the moratorium, it was stopped."

Become an Early Childhood Educator!

- Train for an in-demand career
- Guide children through their formative years
- Upcoming start dates! Call now!

Six locations to choose from!
www.mticc.com
604-310-2684

MTi COMMUNITY COLLEGE

'Morally wrong.' Martin slams Harper's First Nations education plan

Former Liberal prime minister Paul Martin has joined those who have criticized the Harper government's controversial reforms to First Nations education.

The education of First Nations children, particularly those entering Grade 1, is one of the most important issues facing Canada, Martin said Saturday.

"For the federal government to basically be saying 'my way or the highway' towards that is just wrong," said Martin, who was in Vancouver to accept an award from the Canadian Taxpayers Federation.

Martin also accused the governing Conservatives of neglecting aboriginal schooling, which he said is bad for business and morally unacceptable.

"The federal government underfunds their education and underfunds their health care and that is morally wrong — it's also economically dumb," he said.

"How can you underfund the education of the youngest and the fastest growing segment of your population?"

Paul Martin in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

THE CANADIAN PRESS

$100 hunt. Find-the-cash tweets come to town

The latest in free money trends has made its way north of the 49th parallel.

Someone using a Twitter account with the handle @HiddenCashYVR has spent the weekend hiding $100 in various locations around Metro Vancouver.

Hiding spots have ranged from Spanish Banks to New Westminster.

The mystery tweeter sends out a few clues, with a photo attached. Successful finders tweet a picture of both themselves and their new-found cash.

"It was really fun, it was good because I believe strongly in random acts of kindness," said Sherry Masztalar, who found an envelope with $100 in Moody Park on Saturday. Lying sick in bed, she saw the tweet and realized it was only steps from her house.

She gave $20 as a tip to a waitress to help pay the kind act forward.

By Sunday afternoon, the Twitter account had garnered more than 20,000 followers keen to find cash.

The original version of "Hidden Cash" started in San Francisco last week, when an alleged millionaire told a TV station he had scattered money around the region.

NICK WELLS/FOR METRO

Crackdown

Pulling over the party bus industry

With grad season underway, Vancouver police say they are cracking down on the limo and party bus industry.

Last weekend, police said they seized the licence of one limo operator who was allegedly driving under the influence of drugs, and ticketed another operator who didn't have a driver's licence. This was part of a weekend sting on 55 limos and party buses that saw officers hand out 23 tickets.

THANDI FLETCHER/METRO

Second World War

Lost plane found after 70 years

More than 70 years after a Second World War aircraft disappeared on a training flight over B.C., the wreckage has been found and four servicemen have been identified.

The BC Coroners Service says what was left of the Avro Anson was discovered last October by a logging crew working on a remote mountainside near Port Renfrew, B.C., on the west coast of Vancouver Island.

THE CANADIAN PRESS

Cody Legebokoff is charged with four counts of first-degree murder in northern B.C. His trial begins Monday in Prince George. COURTESY RCMP

Trial of alleged serial killer begins

Prince George. Cody Legebokoff is charged with four counts of first-degree murder

Quoted

"Nothing ever can be worse than losing you that way."

Doug Leslie, in a Facebook post about the murder of his daughter, Loren Leslie

Almost every day, Doug Leslie writes a short note to his 15-year-old daughter Loren, whose body was found nearly four years ago in a remote area in northern British Columbia.

Often, the notes are simple recaps of Leslie's day. Sometimes he offers updates about the foundation he started in his daughter's name. Recently, the notes have foreshadowed a legal case that is about to unfold in Prince George.

"The trial is still playing on my mind," he wrote in a recent post on Facebook.

"I'm sure things will work out OK. Nothing ever can be worse than losing you that way."

Leslie's daughter is counted among the victims in a jury trial of an alleged serial killer set to start Monday in the northern B.C. city.

Cody Legebokoff is accused of four counts of first-degree murder.

Loren Leslie, who was legally blind with 50 per cent vision in one eye and zero in the other, was last seen in Nov. 27, 2010, and her body was found later the same day.

Jill Stuchenko, 35, was reported missing Oct. 22, 2009. Her body was found four days later in a gravel pit on the outskirts of Prince George. She was described by the RCMP as a "talented singer."

Cynthia Maas, also 35, was reported missing Sept. 23, 2010, and her body was found a few weeks later in a park in Prince George.

Natasha Montgomery, 23, was also reported missing on Sept. 23, 2010, though her body has never been found.

Stuchenko, Maas and Montgomery were all mothers.

The RCMP announced one murder charge in November 2010 and three more in October 2011, when Legebokoff, who is from Fort St. James, was 21 years old. He has been in custody awaiting trial, which has been delayed several times.

THE CANADIAN PRESS

Tinseltown company moves to Vancouver

One of Hollywood's biggest visual effects companies is setting up shop in Vancouver in a move one expert predicts will usher in a new chapter for film production in the city.

Sony Pictures Imageworks is relocating its headquarters from California to Vancouver, the company confirmed Friday.

The company said its new 74,000-square-foot office in the Pacific Centre will be able to accommodate up to 700 employees, making it the largest footprint for a visual effects studio in Vancouver.

Sony Pictures Imageworks already has a production office in Vancouver's Yaletown neighbourhood. That office, which opened in 2010, recently completed work on The Amazing Spider-Man 2. The office will also soon be working on the Angry Birds movie and the upcoming untitled Smurfs movie, the company said.

While Sony is the first to move its entire production team to Vancouver, Warren Franklin, chairman of Vancouver's Visual Effects Society, said the company won't be the last.

"Vancouver has become the world capital of animation and visual effects," said Franklin, who is also executive producer and CEO of Vancouver-based Rainmaker Entertainment. "The presence in Vancouver of every major company in the digital era of filmmaking confirms this." THANDI FLETCHER/METRO

THE SMILE.

UNDERSTOOD BY EVERY CANADIAN.

Crest® • Oral-B®

Indian police say three confess to rape, murder

Country outraged. Two teenaged girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind. Initial reports indicated the girls were sisters. They were, in fact, cousins.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, Saxena said.

The suspects, who are cousins in their 20s, face murder and rape charges. Authorities also have arrested two cops and suspended two others for failing to investigate.

India has a long history of tolerance for sexual violence, but the attack on the girls has caused outrage across the nation. THE ASSOCIATED PRESS

Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. THE ASSOCIATED PRESS

Recovery of Mt. Rainier climbers uncertain

This photo shows the Liberty Ridge area of Mount Rainier as viewed from the Carbon Glacier on Saturday. NATIONAL PARK SERVICE /THE ASSOCIATED PRESS

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-day climb of the Liberty Ridge route, one of the more technical and advanced routes, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down.

The missing group includes four clients of Seattle-based Alpine Ascents International and two guides.

When they did not return on Friday, the climbing company notified park officials. THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son, Drew, and a business partner confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's business and journalism direction. Lenfest said Sunday that the deal will be delayed but will proceed.

Katz and Anne Leeds, a retired preschool teacher who was Katz's next-door neighbour and who also died in the crash, were among the 200 or so guests at the Concord, Mass., home of author Doris Kearns Goodwin on Saturday afternoon, her representative said. The event was to support an education initiative for Goodwin's son Michael. Afterward, the author joined Katz, her friend of nearly 20 years, and others at dinner, where they talked about their shared interests, Goodwin said.

"The last thing he said to me upon leaving for the plane was that most of all what we shared was our love and pride for our children," Goodwin said.

Katz once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. He made his fortune investing in the Kinney Parking empire. THE ASSOCIATED PRESS

Israel

Netanyahu urges Palestinian unity gov't be shunned

Israel's prime minister on Sunday urged the world to shun the emerging Palestinian unity government due to its ties to the Hamas militant group, rejecting Palestinian pledges that it will be a government of technocrats that will accept peace agreements with Israel and eschew violence.

The comments by Benjamin Netanyahu set the stage for what is likely to be a tough battle for international opinion.

While Israel has made clear it will reject the new government, the reactions of the EU and the U.S. will be critical. THE ASSOCIATED PRESS

Cambodia

Seven die in a well while trying to retrieve 75 cents

Seven people died from a lack of oxygen after climbing down a well in Cambodia to retrieve about 75 cents, police and relatives said Sunday.

The incident happened late Saturday in the northwestern province of Siem Reap when an 11-year-old boy and six other people went into the well to collect 3,000 riel (75 cents).

The boy's older sister, Che Chhan, said their father had accidentally dropped the money.

She said her 13-year-old sister and 15-year-old brother also died, and four neighbours. THE ASSOCIATED PRESS

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst," he said. THE CANADIAN PRESS

QUINOA.
CHOCOLATE. NUTS.
PERFECT ON THEIR OWN.
PERFECTION
TOGETHER
LOVE THE HARVEST
QUAKER
HARVEST
QUINOA
Chocolate Nut Medley
INTRODUCING New QUINOA BARS.
© 2014 PepsiCo Canada ULC

Mars. NASA tests craft for manned space missions

The skies off the Hawaiian island of Kauai will be a stand-in for Mars as NASA prepares to launch a saucer-shaped vehicle in an experimental flight designed to land heavy loads on the red planet.

For decades, robotic landers and rovers have hitched a ride to Earth's planetary neighbour using the same parachute design. But NASA needs a bigger and stronger parachute if it wants to send astronauts there.

Weather permitting, the space agency will conduct a test flight Tuesday high in Earth's atmosphere that's supposed to simulate the thin Martian air.

Cameras rigged aboard the vehicle will capture the action as it accelerates to four times the speed of sound and falls back to Earth. Viewers with an Internet connection can follow along live.

NASA's saucer-shaped flight vehicle. NASA/THE ASSOCIATED PRESS

Engineers cautioned that they may not succeed on the first try.

NASA plans more test flights next year before deciding whether to use the new parachute on a future Mars mission. THE ASSOCIATED PRESS

Winnipeg. Frozen pipes for many residents despite hellish temperatures

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it's a different story.

Hundreds of residents still have frozen water pipes.

Matthew Lawrence and his family lost water almost two months ago when their home's pipes froze. They were still unthawed late last week, even as the Manitoba capital was Canada's hot spot at 32 C.

"It's amazing. It feels like the tropics and we still have frozen water pipes," Lawrence said. "To have it this hot and still be thinking there are frozen pipes underneath the ground is just kind of mind-boggling."

Lawrence, his wife and three children have been relying on his neighbour, who has allowed them to tap into his water supply. But now, Lawrence said, his neighbour's house is up for sale and it's unclear how long that setup might last.

Other cities in Canada and the United States grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg's problem has dragged on the longest.

Randy Hull, emergency coordinator for the city, said there are new reports of frozen pipes still coming in.

Even with summer-like temperatures, Hull explained, the thaw hasn't reached the frost that penetrated deep into the ground. THE CANADIAN PRESS

Universe-ity

Training next generation of space researchers

These summer classes are unlike any other: They're out of this world.

For nine weeks the International Space University will be offering a wide array of sessions in Montreal, including a robotics competition and an all-female astronauts' panel.

The International Space University, founded in 1987 at the Massachusetts Institute of Technology, will gather 80 space experts and another 115 student-participants from about 30 countries.

At least 15 Canadians have signed up for the sessions, which run from June 9 to Aug. 8.

Today, the ISU has more than 3,700 graduates, including at least 350 from Canada.

Canada has twice hosted the space studies program: 1990 in Toronto and 2005 in Vancouver.

THE CANADIAN PRESS

'Miracle Baby' healthy three months later

Stillborn. Though baby didn't breathe for nearly 30 minutes, mother says Mireya's development appears normal so far

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, age 2, on Sunday. JEFF HARPER/METRO

Three months after her tumultuous birth, death and rebirth, the little girl known as "The Miracle Baby" appears to be a healthy, bouncing three-month-old.

"Everybody asks, is there any health issues?" said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home Sunday afternoon. "But knock on wood, she's doing everything on time. She holds her head up, she turns to your voice, she smiles."

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

"It's a miracle, and God is doing his work," said Pearleen Shephard, Cyr's aunt, who was in the delivery room offering "deep and strong" prayers for the baby's well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

"She gets a lot of attention," said Shephard. "A baby does demand a lot of attention, she's just getting some extra special attention."

Mireya's story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Cyr says she doesn't want to expose the baby to too much publicity, preferring that her life now progress as normally as possible.

"I'm going to let her take her own path," she said. "She's doing everything normal, so I just leave it in the hands of God."

Although the baby's story brought Shephard and other family members to tears several times during Sunday's family gathering, Cyr said in many ways the ordeal of losing and then regaining a baby hasn't really sunk in yet.

She does say that Mireya's survival has given her a sense of serenity about the baby's progress.

"With my other kids, I was a zombie until they were one, I was scared to sleep, always watching over them," she said. "With her, I shut my eyes in a minute, look gone to sleep. I don't know, I feel like God's protecting her. He brought her this far, he's not going to take her from me now."

Relief begets anger

No explanation from IWK Health Centre in Halifax, where baby was born

- Robin Cyr said she's angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn't accommodated.
- Cyr's relatives said the delivery was torturous, and to this day say the video of the birth is "too traumatizing" for Cyr to see.

Shock fading as city copes with discovery of neglected, confined boy

The southeast London, Ont., neighbourhood where police were shocked to learn a 10-year-old boy had been locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children's Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy, who can't be identified, was described as underweight and pale with long hair falling beneath his shoulders. Heslop said he came to Canada in 2010 and was living with his aunt and uncle.

According to Heslop, the boy was fed once in the morning and once later in the evening, usually fast food. Heslop doesn't know what the rest of the family ate, including the couple's nine-year-old daughter, who was also living in the home.

After being freed, the boy was taken to hospital in an ambulance, where he was diagnosed as being underweight and suffering from malnutrition.

His aunt and uncle, who haven't been publicly identified to protect the child, have been arrested and charged. It's believed the pair remain in police custody.

Police said the couple's daughter had been living a normal life, which included going to school, something the boy was denied.

SCOTT TAYLOR/METRO IN LONDON, ONT.

Try New!

QUAKER
Est 1877

QUAKER® SOFT BAKED OATMEAL COOKIES

for an

ON-THE-GO SNACK!

9g of Whole Grains • Source of Fibre • Made with Real Fruit

New!
QUAKER
SOFT BAKED OATMEAL COOKIES
Cranberry & Yogurt
MADE WITH WHOLE GRAIN QUAKER® OATS • SOURCE OF FIBRE
6 COOKIES | 210 g
New!
QUAKER
SOFT BAKED OATMEAL COOKIES
Banana & Chocolate Chunk
MADE WITH WHOLE GRAIN QUAKER® OATS • SOURCE OF FIBRE
6 COOKIES | 210 g
New!
QUAKER
SOFT BAKED OATMEAL COOKIES
Blueberry & Almond
MADE WITH WHOLE GRAIN QUAKER® OATS • SOURCE OF FIBRE
6 COOKIES | 210 g

Individually wrapped!

TRY ALL 3 FLAVOURS

QUAKERCANADA

© PepsiCo Canada ULC, 2014

More online at metronews.ca

- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and denounced by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The very existence of Canadian English is due in major part to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be the dominant tongue of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

Dog disease gets the goose

These puppies spent time in the "parvo ward" of Kansas City Pet Project, where ParvoONE is being tested. THE ASSOCIATED PRESS

Golden goose eggs. Medical company for geese stumbles across versatile treatment

A North Dakota company that discovered an antibody technology while trying to cure flocks of dying geese is using its research for a more warm and fuzzy purpose: saving puppies.

Early tests performed on about 50 puppies in seven U.S. states for Grand Forks-based Avianax have resulted in a 90 per cent cure rate for canine parvovirus, which spreads through animal waste and direct contact between dogs, usually at kennels, shelters and shows. Some puppies die from the virus and others are euthanized because the antibiotics and other medicine needed to treat it can be too expensive — sometimes up to $2,000 — and take too long.

At the Kansas City Pet Project, one of eight test sites and among the largest shelters in the United States, about five cases a month wind up on the "parvo ward." Officials with the Missouri shelter believe the treatment will lead to a dramatic increase in their "parvo graduates."

"A lot of open admission shelters choose to not treat parvo because it's considered too much of a resource," shelter spokeswoman Tori Fugate said.

Avianax chief operating officer Richard Glynn hopes to start selling the parvoONE antibody-based treatment — that is harvested from the yokes of goose eggs — for $75 a dose by next spring. THE ASSOCIATED PRESS

No patent. Old drug works on prostate cancer

A cheap, decades-old chemotherapy drug extended life by more than a year when added to standard hormone therapy for men whose prostate cancer had widely spread, doctors reported Sunday.

Men who received docetaxel, sold as Taxotere and in generic form, lived nearly 58 months versus 44 months for those not given the drug, a major study found.

"This is one of the biggest improvements we've seen in survival in adults" with any type of cancer that has widely spread from its original site, said Dr. Christopher Sweeney of Dana-Farber Cancer Institute in Boston.

Prostate cancer is the most common cancer in men. In the United States, about 240,000 new cases are diagnosed each year.

The National Cancer Institute paid for the study, which took nearly a decade to do.

The result shows the importance of federal funding for research that otherwise might not get done, said Dr. Clifford Hudis, who works at Memorial Sloan Kettering Cancer Center in New York and also is the president of the oncology society.

"These are often studies that industry is less interested in funding, such as a new use for an old drug" that lost patent protection long ago, he said.

Generic docetaxel costs about $1,500 or less per infusion. THE ASSOCIATED PRESS

fido

LIKE

Stay in touch on Facebook and other social networks for a great price

$44 per month[1]

› 500 MB of data[2]
› Unlimited Messaging[3] (international text, picture and video messages)
› Unlimited weekends and evenings from 5 p.m.,[4] Canada-wide+
› 500 Canada-wide+ daytime minutes[4]
› Call Display and Voicemail[5]

Includes the Fido ADVANTAGE

Fido Check-In • Book an appointment with a representative who's familiar with your account
LiveANSWERS™ • Skip the machine and speak to a live representative
FidoDOLLARS™ • Use your FidoDOLLARS to save on your next phone

It's time to switch. | Call 1-866-301-3436 | Visit fido.ca | Find a store at fido.ca/storelocator

Offers are subject to change without notice. Taxes extra. +On the Fido network. Coverage not available in certain areas of Yukon, Nunavut and the Northwest Territories. Domestic roaming charges apply when outside the Fido network within Canada. Visit **fido.ca/roaming** for full details and applicable domestic roaming rates. **1.** Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. **2.** Additional data: $5/100 MB, charged in $5 increments. Visit **fido.ca/roaming** to learn more about data roaming pay-per-use rates. **3.** Plans include messages sent from Canada on the Fido network to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **4.** Airtime includes calls from Canada on the Fido network to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2014

Navel gazing. HBO's Silicon Valley a hit with Silicon Valley residents

When HBO rolled out a mockumentary poking fun at high tech this spring, Silicon Valley checked it out.

Initially, its namesake geeks and nerds who spend their days coding, developing and hacking in a red-hot tech economy weren't so sure it was funny: "Most startups are a soap opera, but not that kind of soap opera," said Tesla CEO Elon Musk, one of the valley's most charismatic billionaires, after a premiere.

But many were amused enough by the warped story of their lives to keep watching, and soon some of the biggest names in the Silicon Valley were singing its praises on the region's virtual water coolers.

THE ASSOCIATED PRESS

'Red card for FIFA!'

Demonstrators hold up a poster that reads in Portuguese "red card for FIFA!" as they protest the money spent on the World Cup outside the National Stadium in Brasilia, Brazil, on Friday. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which critics say will see little use after the big event. ERALDO PERES/THE ASSOCIATED PRESS

Just the (fund and MER) facts, please

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk, three essential ingredients of investing, could be ignored completely when advisers sold mutual funds to clients. Now, Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts is a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

Laser Nail Fungus Treatments

- Clear Nails in a Few Pain Free Treatments
- Improve the Appearance of Infected Nails
- No Recovery Downtime. Wear Socks, Shoes & Even Nail Polish Right After Treatment!

1st Treatment $249 + save 10% with this ad!

604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

NEED MONEY?

$300 - $1500
• No credit checks
• No upfront fees
CALL NOW!
1-866-499-5629
WWW.MYNEXTPAY.CA

Sandra Soroka
Senior Manager
E Sandra.Soroka@ca.gt.com

Blake Elyea, CPA, CGA, CIRP
Proposal Administrator, Trustee
E Blake.Elyea@ca.gt.com

One phone call can solve your debt.
Let us help.

We now offer FREE consultations over the phone! Ask us how you can get debt reduction, consolidation and the many other benefits of a consumer proposal. Explore your options and get the right debt solution for you.

604-310-8888 GTdebt.ca

Vancouver (Resident), Langley
Port Coquitlam & Burnaby

Grant Thornton
Proposal Administrators & Trustees in Bankruptcy
Grant Thornton Limited.
A Canadian Member of Grant Thornton International Ltd.

There's gold in them thar herbs

Canada's greenrush. Medical marijuana speculators are applying for licenses at a dizzying rate

Health Canada has been bombarded with applications for licences to grow medical marijuana in facilities like MediJean, pictured, in B.C. THE CANADIAN PRESS FILE

There's no business like grow business.

Health Canada is struggling to process a mountain of applications for licences to grow medical marijuana as the country experiences a "greenrush" of firms wanting to grab a piece of the coming boom.

The department had received 858 applications as of late last month, and new ones were coming in the door at an average of 25 a week.

The application frenzy has drawn basement growers, well-heeled entrepreneurs with pharmacy expertise and even struggling junior mining firms trying to find a lucrative new business line.

Health Canada radically changed the rules for medical marijuana on April 1, moving approved production from a cottage industry of thousands of loosely regulated growers to a commercially competitive sector, with an anticipated 50 larger companies shipping high-quality weed in dozens of strains.

Prices are being set by the free market, and Health Canada is imposing no limit on the number of sanctioned indoor weed farms, as long as they can pass regulatory muster.

Officials began accepting applications for grow licences a year ago, but the initial trickle of forms has turned into a torrent.

In September, Health Canada was sorting through 156 applications - but the number tripled by February this year and then doubled in just the next three months.

So far, only 13 licensed suppliers have made it to the finish line, listed on the department's website as authorized marijuana sources for patients who have their doctor's approval to use cannabis for pain and other symptoms.

THE CANADIAN PRESS

Archbishop Tutu: Alberta's oilsands are 'filth' driven by 'greed'

A brief helicopter tour of the oilsands Saturday wasn't enough to shake Archbishop Desmond Tutu's conviction that the industry is doing massive harm.

Earlier that day, Tutu's judgment of Alberta's oilsands had been harsh.

"The fact that this filth is being created now, when the link between carbon emissions and global warming is so obvious, reflects negligence and greed," Tutu told a conference on oilsands development and treaty rights in Fort McMurray.

"Oilsands development not only devastates our shared climate, it is also stripping away the rights of First Nations and affected communities to protect their children, land and water from being poisoned."

THE CANADIAN PRESS

Egypt. Stock market plunges amid news of new tax on capital gains

Egypt's stock market witnessed a sharp plunge Sunday that forced a temporary suspension of trading after reports of a newly proposed government tax on capital gains which experts said was hardly explained to investors.

Egyptian Finance Minister Hany Kadry Dimian announced the new tax on capital gains Thursday, fuelling the market slide. He said the government will impose a 10 per cent tax on net realized portfolio profits at the end of the year. Stock market profits are currently tax-free.

The head of one of the Middle East's largest investment banks said the proposed law wasn't clearly explained, causing the "extreme reaction" in the market. THE ASSOCIATED PRESS

EVER FOREX
BEST EXCHANGE RATES GUARANTEED!
• Money Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

MASTER'S DEGREES IN VANCOUVER, CANADA
FROM A GLOBAL INSTITUTION
Programs Offered:
• Master of Business Administration (MBA) • M.B.A. with concentration in Finance • M.B.A. with concentration in Tourism • Master of Science in Information, Network, and Computer Security
For details, visit: nyit.edu/canada or call 888-809-0418
email: vancouverinfo@nyit.edu • NYIT, 701 W. Georgia St.17th floor, Vancouver
NYIT
NEW YORK INSTITUTE OF TECHNOLOGY
WE'RE OUT THERE. JOIN US.

‘WE’ ARE KILLING EDUCATION IN B.C.

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Just what you need: Another pundit weighing in on the latest B.C. teachers’ walkout/lockout.

I may be the last, and probably the least, but I do think this needs to be said: We are killing B.C.’s public education system.

By “we” I mean all of us: government, teachers, school boards, parents and even pundits.

The teachers like to say they are the true guardians of the public school system, but they’ve gone on strike twice in the last two years, and there’s no end in sight to the current dispute.

Yes, teachers are sticking up for reasonable class size and composition, but it’s hard not to notice their wage demands, which would cost the already strapped treasury an extra $500 million in the last year of the contract.

No matter how valid their cause, two strikes in two years has a devastating effect on the quality of education.

Government isn’t helping either. Whether or not it’s an insidious conspiracy or just bone-headed fecklessness, their (or should I say “our”?) negotiators are adding fuel to the fire by locking teachers out and docking their pay, stupid irritants that just keep hostility on the front burner.

Parents are voting with their feet. Nearly 13 per cent of school kids are now enrolled in private schools, where strikes never happen and everyone is focused more on the quality of education over working conditions.

Pundits are a big help too. This time, the popular theme seems to be that we should put the two sides into a room and make them stay there until they have a settlement. Which sounds good, but they’d probably all die in the Holiday Inn rather than knuckle under.

There are all kinds of subtle undercurrents that defy simple punditry. The government pays 50 per cent of private school costs while beggaring the public system. But imagine what happens if it tried to stop funding private schools, which would anger many who believe their right to religious education is guaranteed by the Charter of Rights.

And it probably is.

Meanwhile, local school boards, casting frantically around for revenue, are taking on more and more international students, many of whom can’t speak English, and somehow teachers are supposed to run classrooms where a significant number of their students don’t speak the language.

These are not the sons and daughters of immigrants, but people from other countries who don’t have a great school system that may be in the throes of self-destruction, but is still one of the best public school systems on earth.

I could go on, but if you were looking for ways to kill one of the best public school systems on earth, I don’t think you could come up with a better set of steely knives.

So we’ve all backed ourselves into a corner. Or maybe a more complicated geometric formation, like a rhomboid.

Hopefully, someone was paying attention in math class.

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. **MWN**

This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Artist’s viewpoint

“I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating.”

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

“The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me,” he said. “Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals.” **MWN**

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device’s app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country’s return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep on Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia’s national colours, were 10 four-legged players each named in honour of one of the country’s top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals’ necks to keep the bleating players scattered and moving so they wouldn’t end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder “James Rodriguez,” whose two-footed namesake plays for French club Monaco. **THE ASSOCIATED PRESS**

‘A global symbol’

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region’s wet, mountainous climate more than 8,000 feet above sea level.

- “The ruana is a global symbol, so it’s only natural that the sheep deserve to be honoured,” said Ramiro Barragan, Nobsa’s mayor.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE

2.97%* FIXED 5-YEAR TERM | **2.47%*** VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

metro

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

metro AR

The newest version of our popular Metro News App for iPhone/ iPad and Android includes a cool augmented reality feature. Look for the AR icon in your copy of Metro News, scan it with your mobile device and watch videos, trailers, slideshows and more. It just may change the way you look at the news.

Download the Metro News App today at metronews.ca/mobile

See that symbol? It means you can scan the photo below with your Metro News app. Song of the summer? We have the Want U Back music video

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

A tale of male ego gone horribly wrong

Sharlto Copley. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

South African actor Sharlto Copley has put a lot of thought into the decisions his character, Stefan, makes in Maleficent, betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And those thoughts quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?

I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centred film to play the kind of cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotypically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is in an extreme version. I'm guessing there's very few billionaires who were faithful to their wives. I'd be fascinated to see the stat on that.

I was joking to a friend that the film could be seen from Stefan's perspective as a cautionary tale about crazy ex-girlfriends.

It is definitely also a cautionary tale about crazy ex-girlfriends, I could see that working. "Sorry, this is really awkward." That's great.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
scene@metronews.ca

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Hiding Matilda takes a few cues from fellow celeb kid Suri Cruise

Michelle Williams.
ALL PHOTOS: GETTY IMAGES

Michelle Williams is gearing up to leave Brooklyn and move back to Los Angeles to make securing film roles easier, and apparently her eight-year-old daughter, Matilda, is looking forward to finding new ways to dodge the paparazzi, according to Radar Online. "Matilda is joking that she's going to impersonate Suri Cruise," a source says. "They have a set of disguises they use specifically in Los Angeles that makes them completely unrecognizable to photographers and allows them to have long mother-daughter days in complete privacy. Matilda is absolutely loving the game, but one day she made her mother break down in tears of laughter when she emerged from her room in a Suri Cruise look-a-like wig and outfit."

Vitalii Sediuk

Pitt prankster faces probation, therapy

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes and last year for trying to kiss Will Smith on the lips during a red carpet interview.

London calling to Lindsay Lohan

She's London's problem now.

Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun.

"Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track.

"Lindsay has also started investigating getting acting work in London."

Lindsay Lohan

DISTRIBUTION ASSISTANT (FULL TIME)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing! When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:

- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data and other administrative duties

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Vancouver
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than June 15th, 2014.

PLEASE QUOTE: "DISTRIBUTION ASSISTANT (FULL TIME) — Vancouver" in the Subject Line. All submissions will be treated as confidential.

metro

June 1st - 7th
The BC Commuter Challenge is coming,
WHAT MOVES YOU ?
Register your workplace and log your commutes!
• It's free
• It's good for your health
• It's good for the environment
And you can WIN PRIZES like event tickets, e-readers, gift certificates, and more!!
BEST.bc.ca
ICBC
metro
www.commuterchallengebc.ca

The new nose job

Achieve beautiful, natural-looking results

Modern rhinoplasty techniques and new tools for setting patient expectations make nose job surgery results more predictable than ever.

"Today, patients can expect to be back to work or school in one to two weeks, with natural looking results and minimal discomfort during the healing period," says Dr. Thomas Buonassisi, a facial plastic surgeon in Vancouver.

Beautiful, natural-looking results start with a great consultation.

Buonassisi ensures his patients are well-informed about the procedure and the results they can expect. Thanks to a comprehensive face-to-face interview, computer imaging of their new nose, extensive before and after photos of his patients who have had similar changes, and a new e-book on rhinoplasty (free to download at mynaturalnose.com) patients can develop realistic expectations of their results, Buonassisi says.

"My rhinoplasty patients don't want to look like they've had a nose job," says Buonassisi, who has been performing rhinoplasty surgery for 15 years.

ASK AN EXPERT

Clear communication during the consultation is key, says Dr. Thomas Buonassisi, facial plastic surgeon at 8 West Cosmetic Surgery in Vancouver.

"The patient needs to be honest about their objectives, and it's my responsibility to fully explain what's possible for them," he says. "Once we have that we can decide what will look best."

He emphasizes the importance of making conservative rather than dramatic changes so the nose remains consistent with the rest of the face.

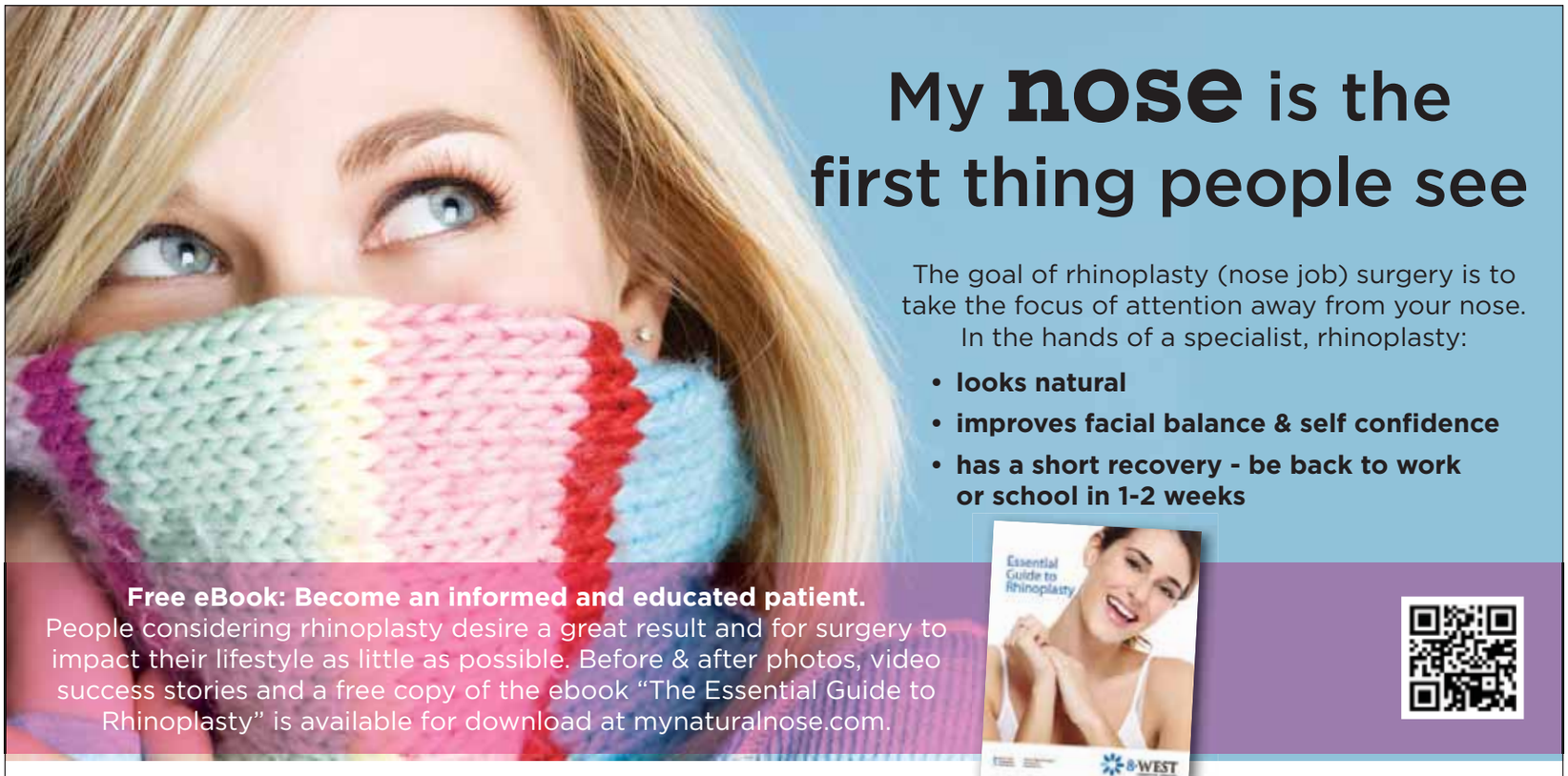
A second key to achieving a natural result is to make subtle changes to several parts of the nose, not just one area.

"One obvious nose job giveaway is when a dorsal hump is removed but the tip is left as is. This can result in an overly long-looking nose with an odd curve at the end."

Recovery is fast, thanks to minimally invasive, modern techniques. Patients have more options, and a light form of sedation can be used rather than general anesthetic. Bruising, swelling and discomfort can be minimized, and although patients need to avoid strenuous activity for two to three weeks, they can resume daily activities right away.

Download The Essential Guide to Rhinoplasty e-book by Dr. Thomas Buonassisi at mynaturalnose.com.

LYNDSAY LONDON PHOTOGRAPHY



My **nose** is the first thing people see

The goal of rhinoplasty (nose job) surgery is to take the focus of attention away from your nose. In the hands of a specialist, rhinoplasty:

- **looks natural**
- **improves facial balance & self confidence**
- **has a short recovery - be back to work or school in 1-2 weeks**

Free eBook: Become an informed and educated patient.
People considering rhinoplasty desire a great result and for surgery to impact their lifestyle as little as possible. Before & after photos, video success stories and a free copy of the ebook "The Essential Guide to Rhinoplasty" is available for download at mynaturalnose.com.

Excellence in Specialized Facial Cosmetic Surgery

Visit **mynaturalnose.com**

8·WEST COSMETIC SURGERY

LIFE 3

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related disorders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

Nutrition, flavour and ease all in one

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

This recipe serves four. ROSE REISMAN

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

TORONTO STAR
thestar.com

PHOTOGRAPHY AWARDS 2014

thestar.com/photographyawards

$12,500 Cash & Prizes
10 Judges
9 Categories
1 Photographer of the Year

sponsored by:

Canon | PIXMA PRO-100

No better way to showcase your work.

Stitching up great success as the author of a style blog

When closets compute.
The world's fashion-fuelled minds are fast turning typing into a fashionable pursuit

ANDREA PARK
Metro World News

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

What is it about wearables you could be sharing with the world? ISTOCK

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

BSL SECURITY TRAINING
Institute offers BST Training for $49 Conditions Apply.
• Success rate is 99%
• Ask about our Kelowna location
Call 604 507 8915

CAMBRIDGE COLLEGE
www.cambridgecollege.ca • 604-428-7246
Well Trained Well Paid Graduates
• Health Care Assistant $6000
• Medical Office Assistant $6500
• Cambridge Certified Accounting Professional $6900
• Office Administrative Assistant $4900
• Computerized Accounting Technician $5900
PRACTICUM/JOB PLACEMENT ASSISTANCE
FINANCIAL ASSISTANCE IF ELIGIBLE

50% OFF SPECIAL TUITION only $12,000
1 YEAR STUDY + 1 YEAR PAID CO-OP
Class starts every month. Application Fee & Textbooks are not included.
HOSPITALITY MANAGEMENT (AH&LA Diploma)
REGISTER NOW! 604.687.5414 / info@ciccc.ca
Pathway To 3rd Year at Royal Roads University
CORNERSTONE International Community College of Canada
#713-333 Terminal Avenue, Vancouver BC

MASTER OF SOFTWARE SYSTEMS
PURSUE A CAREER IN THE SOFTWARE INDUSTRY!
Next Program Starts January 2015
Application Deadline June 16, 2014
• Graduates enjoy nearly 100% placement in the software industry
• Internationally recognized 16-month Master's program
• Includes 12 months of coursework and a 4-month industrial internship
• Tailored to meet technical and managerial needs of industry
• Require a Bachelor's degree in science, engineering, business, mathematics or a related discipline
For complete details, please see: www.icics.ubc.ca/mss
Master of Software Systems
a place of mind THE UNIVERSITY OF BRITISH COLUMBIA
ICICS CONNECTING KNOWLEDGE

SHUTTERSTOCK

A new spin on summer camps

With Canada pulling in a poor D- ranking in the recently released Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth, this summer, parents might be looking for new ways to get their kids off the tablets and outside and moving.

NEW NAME, NEW APPROACH

While at one time these sorts of camps carried the ugly nickname of "fat camps," today's camps offer a new approach to children and healthy living.

"These camps are all about changing their physical body — but it's to help them if their bodies are getting in the way of pursuing dreams or giving them more energy," says Jill Baxter, director of Active Challenge camp in Renfrew, Ont., a camp for girls aged 12 to 18. Baxter points out that these camps operate very much like a traditional summer sleep-away camp.

"The only difference is we have a specific focus on nutrition and more money in our food budget than any other camp in existence, simply because we're eating fresh foods," she says.

PERSONAL GROWTH

While nutrition and health is definitely the camp's focus, ultimately there's another goal: to build the confidence of girls.

"We do challenging things because we know that once you do something you didn't think you were capable of doing, you have a sense of what you really can do," Baxter says.

USRS
Urban Safari Rescue Society - running the Cinemazoo program encourages curiosity about the natural world with animal adventures for Birthday Parties • Nature Club • Summer Camp • and more !
604 531-1100 • info@urbansafari.ca • www.urbansafari.ca
Be curious • There is so much to learn

CONTRIBUTED

YMCA's chock full of fun

With school ending in less than a month, your kids are likely asking what they're doing this summer. Why not try a YMCA camp?

Whether your child wants to explore the great outdoors while sailing or take aim at conquering the high ropes, going to camp is a great chance to learn and grow in a new environment to help them reach their potential.

"Camp is a completely unique experience — it's a special place," says Vinh Truong, general manager of healthy child development at the YMCA of Greater Vancouver. "The memories and experiences kids gain at camp stick with them long after the summer is over, and once you are a camp kid, you're always a camp kid."

Time spent being physically active and social is more important now than ever before. A recent global report from Active Healthy Kids Canada found that only seven per cent of kids ages five to 11 are meeting the national guidelines of 60 minutes of moderate to vigorous physical activity per day.

"It's through fun physical activities that kids really learn about themselves and grow in self-confidence," says Truong. "Summer camps are a great opportunity for kids to develop new skills and make new friends in a safe, caring environment."

Campers receive a minimum of 90 minutes of physical activity per day along with global education, literacy activities and Play It Fair games at YMCA day camps. At YMCA Camp Elphinstone, kids can enjoy canoeing, sailing, archery, high ropes, camp fires and more.

The YMCA has day camps in Vancouver, Burnaby, Coquitlam, Richmond, Surrey, White Rock, Langley, Chilliwack and Gibsons as well as overnight camps on the Sunshine Coast.

Summer is a time for kids to have fun! It's also a chance to learn and grow. From overnight camps that help foster independence and teamwork to fun day camps that get kids outside, the YMCA has something for everyone. Each camp is designed to help kids reach their full potential! We have camps in Vancouver, Burnaby, Coquitlam, Richmond, Surrey, White Rock, Langley, Chilliwack and Gibsons for ages 5-17.

Register now!

T: 604.939.9622
E: camps@gv.ymca.ca
vanymca.org/camps

YMCA of Greater Vancouver

Camp

CONTRIBUTED

A cool place to spend the summer

Whether it's your child's first experience away from home, or she/he is a camp veteran, they will have a fun and unique experience discovering Camp Potlatch.

Our professional staff will ensure that your child receives the very best that Camp Potlatch has to offer through caring, well-supervised activities. At Camp Potlatch, we understand the importance of fun, challenge, and achievement in the lives of children and youth, and we strive to create a fun-filled experience so that campers and staff return year after year. They'll have the chance to explore the Potlatch waters by canoe and kayak, and venture deep into the heart of the Potlatch valley. Your child will also have the opportunity to try their hand at fishing, achieve new heights on the rock wall, sleep under the stars, and test their archery skills.

Camp Potlatch is on 133 acres of pristine wilderness along the picturesque shores of Howe Sound. Renowned for its sandy beaches and unspoiled hiking territory, Camp Potlatch's location provides an exceptional wilderness environment that will enhance each participant's individual growth and experience.

As a part of Boys and Girls Clubs of South Coast BC, Camp Potlatch is very proud to be able to provide a one-of-a-kind camp experience for every child regardless of their family's financial situation. Go to bgcbc.ca for info.

ART: PASSION AND PROCESS

ARTS UMBRELLA HELPS KIDS EXPRESS THEMSELVES FROM CANVAS TO STAGE

COURTESY ADAM BLASBERG

Every day young artists walk out of dance class, theatre rehearsal and the art studio with smiles from ear to ear. These students are excited to share the stories from their class and talk about their latest creation.

Taking to the stage for a dance recital, working through the lines of a play and painting whatever your heart desires have one thing in common. They drive your child's energy, focus and passion into a single task of self-expression. Nothing else in the world matters beyond the canvas.

For these children, art is one of the few things that can actually attract and hold their concentration. After all, it's pretty hard to paint their next greatest creation, while playing Candy Crush.

An arts education helps children develop into well-rounded individuals who are able to eloquently express themselves, think critically through a problem and commit themselves wholeheartedly to achieving any goal.

Since 1979, Arts Umbrella has proudly provided high-quality and accessible arts education to children and youth throughout Greater Vancouver and beyond.

Arts Umbrella's summer programs for ages three to 19 in painting, drawing, sculpture, photography, computer design, dance, theatre and music offer many opportunities for creative discovery. Your child will benefit from exposure to the arts beyond the classroom, no matter where their dreams take them; our experienced and trusted instructors will guide them along the way.

Join our community, where we're inspiring kids for life.

To learn more about Arts Umbrella programs, visit artsumbrella.com.

artsUMBRELLA™
dive into creativity this summer!
Summer programs available for ages 3-19.
Full- and half-day options available, starting June 30!
enroll, donate, participate. | artsumbrella.com/summer

SHUTTERSTOCK IMAGES

So your child is going to an overnight camp

It's your little one's first time away this summer at sleepover camp. How will they do? How will you handle being away from them for so long? If you're new to the sleepover camp scene, here's what you need to know.

HOW TO PREPARE

Don't surprise your child about going to a sleepover camp — select one together and give them lots of time to get used to the idea of being away from the home for a week or longer.

"And get them excited about camp by looking at videos or photos on the camp website and shopping with them to prepare. That's an exciting part of the lead up to camp," says Jennifer Kolari, a Toronto-based child and family therapist and author of Connected Parenting: How to Raise a Great Kid.

"And make sure, before they go, you two have lots of closeness and cuddling to make sure that bond is really strong before your child leaves."

WHAT IF THEY'RE HOMESICK?

Homesickness is a normal and healthy feeling that often dissipates after the first two nights.

"Kids aren't usually allowed to call home because that tends to make it worse," says Kolari. "But you can send along written letters, pictures and care packages. These tangible things can really help."

MISSING THEM

Kolari notes that sleep-away camp is a learning experience for everyone — for children, it's about developing independence and for adults, it's stretching boundaries.

"As much as we love our children, it can be tiring to be on all the time, so enjoy it," Kolari adds.

"Don't spend the whole week missing them so you're not enjoying rejuvenating and refreshing yourself." It also helps to plan a full week with the types of activities you couldn't normally do with a child at home, such as extra date nights or girls' nights out.

SLEEP AWAY DOS AND DON'TS

Some secrets for sleep-away camp success from the Toronto-based Ontario Camping Association.

- If you can, tour and visit the camp before your child goes.
- Don't schedule family celebrations while your child is away.
- Talk about homesickness before your child leaves — but don't promise to pick them up if they're truly homesick.

Vancouver Artgallery

Douglas Coupland

everywhere
is anywhere
is anything
is everything

Now Showing

couplandexhibition.org

Sundays FREE for children age 12 & under

Presenting sponsor: THE KEG STEAKHOUSE + BAR

Supporting sponsors: TD, metro metronews.ca

Generous support from: Vancouver Foundation, The Artworkers Retirement Society

A grind-it-out win fit for the L.A. Kings

Alec Martinez is mobbed by his Kings teammates after he scored in overtime to beat the Blackhawks 5-4 in Game 7 of the Western Conference final on Sunday in Chicago. Martinez scored at 5:47 of overtime on a shot that went off Blackhawks defenceman Nick Leddy and over goalie Corey Crawford, stunning the sellout crowd at United Center. Los Angeles improved to 7-0 in elimination games with its third Game 7 win on the road this post-season. It will host the New York Rangers in Game 1 of the Stanley Cup final on Wednesday night.

JUSTIN HEIMAN/GETTY IMAGES

Strike talk looms over training camps

CFL. Lions told to concentrate on football during meeting between players

CAM TUCKER
cam.tucker@metronews.ca

Meetings are part of the basic Canadian Football League training camp itinerary. But there was something different as players on the B.C. Lions assembled Sunday morning.

Slowly but surely, right around 11 a.m., players emerged from the multi-purpose training facility on the Thompson Rivers University campus in Kamloops and onto the turf of Hillside Stadium, having just heard from their player representative and 44-year-old kicker Paul McCallum.

The possibility of a players' strike has grown larger in recent weeks, and it could occur some time this week, with the league and the CFL Players' Association trying to work out a new collective bargaining agreement.

Only problem is, the negotiating sessions have either been few and far between, or have quickly broken down. The latest came Thursday, as talks between the two sides ended, with the league rejecting the latest offer from the players' association.

Despite uncertainty and a looming strike, training camps began on time. McCallum said he hasn't been informed about if there will be negotiations this week.

However, his message to his teammates was simple: concentrate on football.

"All we need to worry about now is we're just going to play football and we'll let the (CFLPA executive) deal with the CFL," said McCallum.

"We don't want that hanging over our head. When we're here, we're to work," added quarterback Travis Lulay.

There was a lengthy bargaining session on Wednesday, but things fell apart the following afternoon, as the league rejected the players' association's latest proposal.

"You'd think that sitting down for 12 hours that you'd come up with a little bit better than nothing," said McCallum.

"To be quite honest, over my career, we have sort of bent and bent and bent. So I guess they think why would we not bend now?

"But they're in for a rude awakening this time. Enough is enough. We need what's fair and ... that's all we've ever asked for."

MLS

Whitecaps cut down Timbers on Morales' PKs

Pedro Morales scored on a pair of penalty kicks and the Vancouver Whitecaps held off the Portland Timbers 4-3 in a Cascadia Cup rivalry match Sunday night.

Erick Hurtado and Jordan Harvey also scored for the Whitecaps, who beat the Timbers for the first time since the two teams joined Major League Soccer in 2011.

The victory extended Vancouver's unbeaten streak to five straight matches. The Whitecaps played to a 2-all draw against the Seattle Sounders in another Cascadia Cup rivalry match last weekend.

THE ASSOCIATED PRESS

French Open

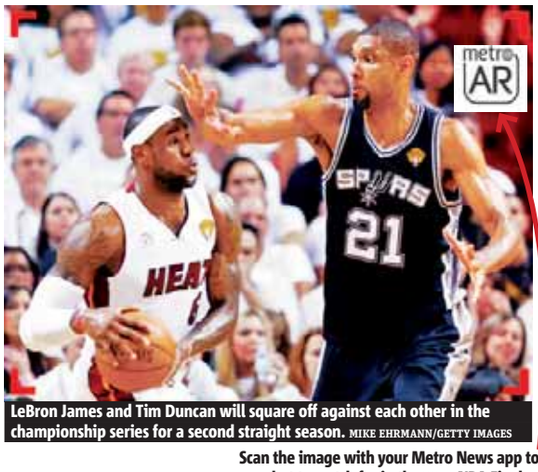
Raonic, Bouchard smash door to quarter-finals

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Montreal's Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships — now the Australian Open.0

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989. THE CANADIAN PRESS



LeBron James and Tim Duncan will square off against each other in the championship series for a second straight season. MIKE EHRMANN/GETTY IMAGES

Scan the image with your Metro News app to get up to date on what to watch for in the 2014 NBA Finals.

Familiar feeling to NBA Finals

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude," Spurs coach Gregg Popovich said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

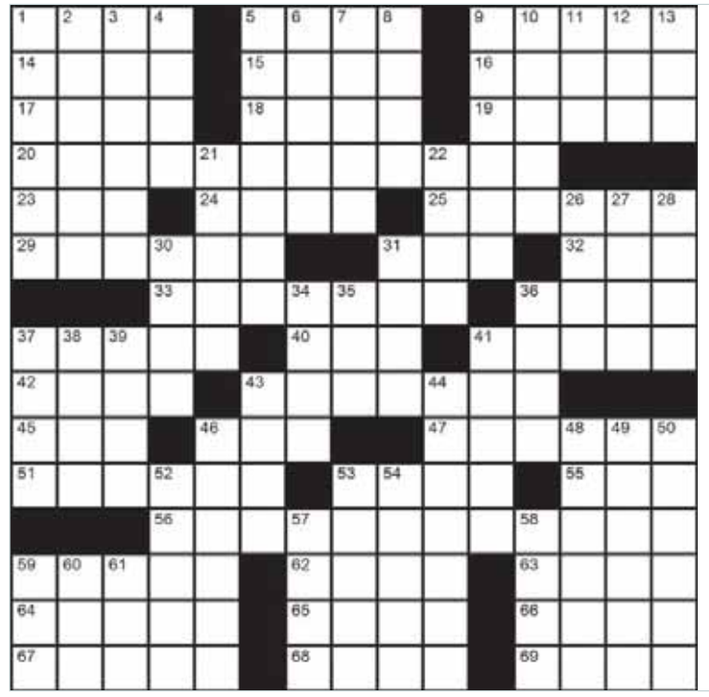
♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



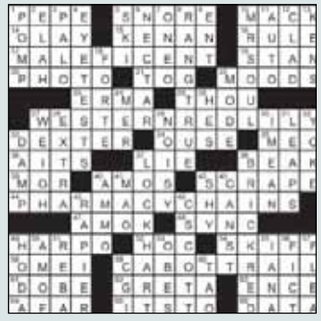
Across

1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down

1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

Friday's Sudoku

5	6	1	7	9	4	2	3	8
9	4	8	6	2	3	7	1	5
7	2	3	1	5	8	9	4	6
2	8	9	3	6	7	1	5	4
3	1	5	4	8	9	6	2	7
4	7	6	2	1	5	8	9	3
1	5	4	8	7	2	3	6	9
6	3	7	9	4	1	5	8	2
8	9	2	5	3	6	4	7	1

Today
20°/13°
Sunny

Tuesday
19°/12°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2014

PUT THE SMART BACK IN YOUR PHONE...
Download the FREE Metro app today!
metro

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca

Las Vegas
Flights + 3 Nights
from $285
INCLUDES accom on the Strip.
UPGRADE to 4-star accom from $339.
UPGRADE to 5-star accom from $385.

Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Sant Baljit Singh
Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net

Simple changes can bring more meaning to your life.
Create happiness and well being.
Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.
Wednesdays 7 pm & Saturdays 2 pm
Centre for Peace
1825 West 16th Avenue (Room # 201)
Vancouver, BC V6J 2M3
No Public Talk on Dec. 25/13 & Jan. 1/14

We have deals you won't find anywhere else!

All advertised prices include taxes & fees.

Air Canada Meal Offer

Receive a FREE^ Meal Voucher

Purchase select roundtrip Air Canada domestic or USA flights and receive a free meal/drink voucher. Conditions apply.

Air Canada Flights

Los Angeles
from $289
Travel Jul 8 - Jul 15

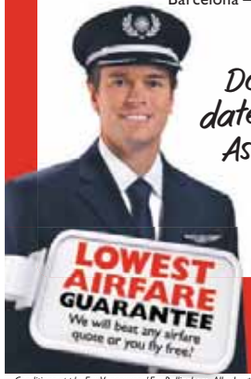
Only 4 hours from Los Angeles are the amazing Yosemite and Sequoia National Parks. Ask us about car rentals to get you there.

EXPERT TIP

San Francisco Travel Jun 11 - Jun 18	from $299
Calgary Travel Jul 8 - Jul 15	from $335
Palm Springs Travel Jun 17 - Jun 24	from $375
San Diego Travel Jun 11 - Jun 18	from $379
Toronto Travel Jul 2 - Jul 9	from $595
Montreal Travel Jul 2 - Jul 8	from $615
New York Travel Jul 3 - Jul 15	from $655

Multi-city Flights

Mediterranean
from $1699
Travel Nov 5 - Dec 3
Vancouver – Rome – Venice – Nice – Barcelona – Vancouver



Don't see the dates you need? Ask an Airfare Expert!

Air Canada Hawaii Offer

Save 20%* on Air Canada flights to Honolulu.
Travel from Nov 21–Apr 30. No blackout dates apply. Some conditions apply.
Book today, offer expires Jun 10, 2014.

Honolulu Travel Nov 27 - Dec 4	from $518
Honolulu Valentine's Day Travel Feb 10 - Feb 17	from $518
Honolulu Christmas Travel Dec 23 - Dec 30	from $625

Europe Flights

London
from $899
Travel Jun 11 - Jun 21

Amsterdam Travel Jun 9 - Jun 24	from $775
Frankfurt Travel Jun 10 - Jun 18	from $855
Paris Travel Jun 25 - Jul 3	from $999
Barcelona Travel Jun 10 - Jun 18	from $1235

International Flights

Hong Kong
from $1019
Travel Sep 3 - Sep 17
Business class from $2889.

	Economy from	Business from
Cancun Travel Jul 7 - Jul 14	$495	$1049
Tokyo Travel Sep 9 - Sep 23	$1119	$2929
Sydney Travel Sep 3 - Sep 17	$1535	$4499

Make sure you do a harbour cruise around 5pm. It's awesome to watch the sun go down and the city light up as you sail under the Sydney Harbour Bridge past the Opera House!

EXPERT TIP

Canada & USA

Las Vegas
Flights + 3 Nights
from $285
INCLUDES accom on the Strip.
UPGRADE to 4-star accom from $339.
UPGRADE to 5-star accom from $385.

Seattle 2 Nights from $229pp
INCLUDES accom in the University District. UPGRADE to 4-star downtown accom from $329. ADD CityPASS discount attraction card from $85.

Whistler
2 Nights + Canoe Trip from $279pp
INCLUDES accom in the Village and Twilight Wildlife Canoe Trip.

New York
Flights + 3 Nights from $849
INCLUDES Manhattan accom near Little Italy. ADD Slice of Brooklyn Pizza tour from $95.

Honolulu
Flights + 7 Nights from $889
INCLUDES Waikiki accom and roundtrip airport transfers. ADD surf lessons from $95.

Rent a car and drive the North Shore! Grab some shaved ice from the famous Matsumoto Shaved Ice in Haleiwa and watch some surfers!

EXPERT TIP

Flights & Cruise

Los Angeles & Pacific Coastal
Flights + 2 Nights + 3-Night Cruise
from $799
INCLUDES flights, cruise sailing Vancouver to Los Angeles and Los Angeles accom near the Getty Center. UPGRADE to 4-star accom and oceanview stateroom from $839. ADD 1-day Universal Studios general admission ticket from $95.

All-inclusive Packages

Riviera Maya
6 Nights 4.5-Star
from $799
UPGRADE to 5-star accom from $999.

Los Cabos 7 Nights 4.5-Star from $889
UPGRADE to 5-star accom from $1099.

Varadero 7 Nights 4-Star from $965
UPGRADE to 5-star accom from $1055.

Punta Cana 7 Nights 4-Star from $1015
UPGRADE to 5-star accom from $1085.

Europe

Rome & Venice
Flights + 4 Nights
from $1435
INCLUDES flights to Rome with first 2 nights central accom and return flights from Venice with last 2 nights accom. ADD Rome walking tour from $49.

Amsterdam
Flights + 7 Nights + Tour from $1839
INCLUDES 7 nights accom in Amsterdam, one-hour canal cruise, half-day tour of the windmill city of Zaanse Schans, Volendam and Marken, full-day tour of Southern Holland and daily breakfast included. BONUS 24-hour hop-on, hop-off canal cruise pass and entrance to the Heineken Experience included.

While in Amsterdam, make sure you try a stroopwafel, a delicious Dutch dessert made of thin waffles and syrup.

EXPERT TIP

Paris Flights + 7 Nights from $1929
INCLUDES central Paris accom near the Bastille Opera House. BONUS premium airline, seat selection≠, $100Ω hotel credit and Plaza Premium Lounge access$^{\Delta}$ included. UPGRADE to 4-star central Paris accom for a discounted price of $2229.

FLIGHT CENTRE *The Airfare Experts*

flightcentre.ca
More great deals online!

24/7 **1 866 317 0953**
950 Airfare Experts across Canada.

*Conditions apply. Ex: Vancouver. ‡Ex: Bellingham. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. ^Limit one (1) voucher per person. Valid on new Air Canada bookings only made in-store at Flight Centre locations in Canada. Valid for travel anytime. Not valid on bookings made at www.flightcentre.ca. Only valid on select Canadian or USA destinations where meal service is offered on the flight, ask your Flight Centre consultant for applicable flights. Flight must be operated by Air Canada. Not valid on codeshare flights, group bookings or child & infant fares. Not combinable with any other offers, discounts or promotions unless otherwise specified. Discount not valid with Air Canada Vacations. Offer may be withdrawn at anytime without notice. Additional restrictions may apply, speak with your Flight Centre consultant. Offer expires June 30, 2014. *Valid for travel on Air Canada flights originating from Canada to Honolulu. Valid on new bookings only. Not applicable on bookings made at flightcentre.ca. Offer is valid for travel from November 21, 2014 to April 30, 2015. Discount applies to all fare types. Offer is valid on flights operated by Air Canada, Air Canada Express, Sky Regional and Air Canada Rouge. Codeshare flights are not eligible for discount. Offer applies to the base fare only with all other air transportation charges, including surcharges, baggage fees, applicable taxes, fees and charges not applicable for discount. Not combinable with any other offers, discounts or promotions unless otherwise specified. Offer may be withdrawn at anytime without notice. Additional restrictions may apply, speak with your Flight Centre consultant. Offer expires June 10, 2014. ΩS200 hotel credit is per room and valid for a total of 5 nights minimum stay and based on twin/double occupancy except New York which has a 3 night minimum stay. ΔPlaza Premium Lounge Access only available in Vancouver, Toronto and Edmonton. ≠Pre-Assigned Seat Selection is free on most routes with the exception of Hawaii, New York, Bangkok and Johannesburg which will require an additional fee. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790*